medical
Lloydspharmacy

Approved by
Action on pain!
RCN 1088789

Dual Channel TENS Machine

Safe and effective pain relief for aches and pains.

User Manual

Model - AD-2029

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Lloydspharmacy

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INTRODUCTION

Thank you for purchasing Lloydspharmacy Dual Channel TENS Machine (Model AD - 2029).
The Dual Channel TENS is effective in relieving pain.
TENS stands for Transcutaneous Electrical Nerve Stimulation.
TENS is recognized as a safe and highly effective method of relieving pain. TENS is now regularly recommended by doctors, physiotherapists and pharmacists throughout the UK.
Before using, please read all the instructions in this user manual carefully and keep it safe for future reference.

Why consider digital pain relief?

Pain is a warning signal; we need these signals to tell us that something may be wrong with our body. Without it, we may not know that parts of our body might be damaged, thereby damaging them further. However, once we have identified damage, pain serves little purpose. In the case of chronic, regular pain it can significantly interfere with daily activities and the quality of life.

How does Dual Channel TENS work?

Dual Channel TENS works by passing harmless electrical signals into the body from its pads. This relieves pain in two ways:

- Firstly, it blocks the body's pain signals which are normally transmitted from the area of damage through the nerve fibres to the brain - TENS interrupts these pain signals.
- Secondly, TENS stimulates the body's production of endorphins – its own natural painkillers.

FEATURES:

- 2 output channels
- Each output channel can be adjusted independently
- 8 mode settings to provide different pain relief and massage effects
- 8 output intensities to suit different parts of the body and pain
- Touch control buttons and large LCD display making the unit user friendly
- 4 gel pads
- Automatic therapy time setting for 15 minutes
- It is a safe and effective method of relieving pain
- It is simple to use
- It can be used alongside drug therapy
- It is lightweight and portable
- It can also be used as a massager to help relax you

What conditions can Dual Channel TENS help relieve?

Dual Channel TENS provides pain relief for a number of different pain conditions, including:

- Back Pain
- Sciatica
- Sports strains and sprains
- Almost all muscle related injuries

Use the Dual Channel TENS machine for at least 15 minutes a day, however, you may need to wear it for longer to initially gain pain relief. If you wear the unit for longer periods then check your skin where the gel pads have been placed to ensure your skin does not become sore.

Please ask your local Lloydspharmacist for advice about any specific condition.
Before using the Dual Channel TENS, please read the instructions included in this user manual carefully.

GENERAL WARNINGS & SAFETY

Before you start:

Please carefully read and understand the following warnings and cautions to ensure the safe and correct use of this device and to prevent injury.

- Make sure the batteries are installed correctly.
- Connect the cable to the gel pads and then connect to the unit (see page 6 for more details).
- Attach the gel pads around the area of pain. Please see section 'Gel Pad Positioning' for details of where to place the pads (page 10).
- Do not use the gel pads if they are scratched or damaged in any way.

Is it safe to use Dual Channel TENS?

The Dual Channel TENS machine is a medical device that has been subject to stringent testing. It is safe to use for all people, with the following exceptions:

- People with pacemakers, pulse regulators or any other electrical implanted medical devices.
- People with heart rhythm problems.
- Cancer patients, people with diabetes or epilepsy should consult their consultant, doctor or Lloydspharmacist before use.
- The use of the device must be supervised by an able adult of sound mind.
- People with inflammation, acute diseases, or infectious skin wounds.
- Not suitable for use during pregnancy or labour. Please ask your Lloydspharmacist about other drug free pain relief during pregnancy.
- Not suitable for children under 16 years of age.
- Patients must consult their doctor before using this device if receiving any physical therapy or suffering from any of the following:
    - Acute diseases
    - Heart diseases or heart rhythm problems
    - A fever
    - Abnormal blood pressure
    - Skin conditions including broken or damaged skin and people with loss of feeling in areas of the body.

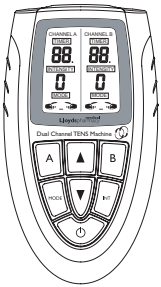
- Do not use the device with an electrocardiograph meter (ECG) or any other medical apparatus.
- Do not use the device with any topically applied creams or ointments etc.
- Do not place gel pads on the head, face, throat, back of neck, heart, chest area, eyes, oral cavity or on sexual organs.
- Do not use on scarred areas following surgery for at least 10 months after the operation.
- Do not use on or around an area of the body with skin disease, damage or inflammation.
- Do not use on a wet body.
- Do not use on stomach muscles within 90 minutes of eating.
- People with chronic alcoholism should not use this product.
- For treatment of pain control, muscle injuries or rehabilitation, this device should be used under close supervision and direction of your doctor or professional therapist.

Please stop using the Dual Channel TENS immediately if you notice any reddening of your skin, if you feel any discomfort or feel unwell. Seek medical advice.
Improper use of the Dual Channel TENS will lead to harm and damage. For safe use of the product, please note the following safety instructions:

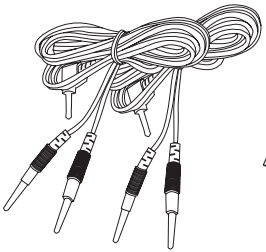
- The unit must be turned off before moving the gels pads to different parts of the body.
- Keep the unit away from the reach of children.
- Do not use the device in the bathroom or in any other area of high humidity as this may cause an uncomfortable intense stimulation.
- Do not use the device whilst driving or operating any other mechanical equipment.
- Do not use the device whilst sleeping.
- Avoid contact of the gel pads with anything made of metal, such as belts or necklaces.
- The device has no AP or APG protection.
  AP: Flammable anaesthetic proof mixtures with air.
  APG: Flammable anaesthetic proof mixtures with oxygen or nitrous oxide.
- Do not insert the gel pad cables into any other socket other than the socket of the device as instructed, as this may lead to an electric shock.
- Do not disassemble, repair or modify the device in any way as this may lead to malfunctioning or an incident.
- Any attempted repair by unauthorised persons invalidates the warranty.

PARTS

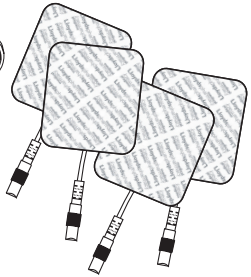
About Dual Channel TENS



Main Unit

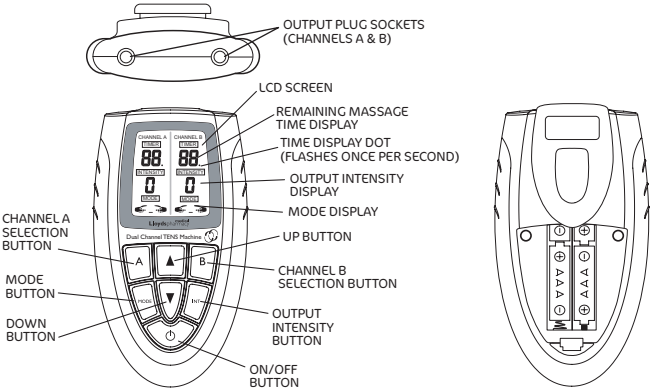


Cables x 2



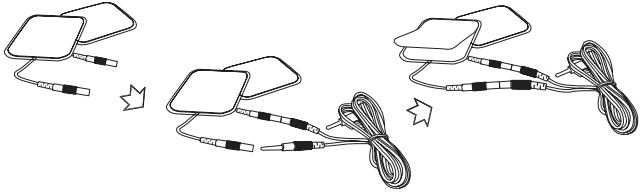
Gel pads x 4

MAIN UNIT PARTS



INSTRUCTIONS FOR USE

How to connect the gel pads to the output cable:



Preparation before using the Unit
1. This unit requires 4 x AAA batteries (not included)
2. To insert/replace batteries, remove the battery compartment cover at the back of the unit and insert the batteries, observing correct polarity.
Replace the battery compartment cover securely.
3. Attach the gel pads to the output cables and insert into the respective sockets channel A and channel B.
4. Attach the gel pads to the area of pain. Please read section 'Gel Pad Positioning' carefully to understand where to place the pads.

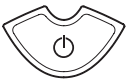
Each gel pad is pre-fixed with a cord-socket and protected by a transparent film.
Connect the output cable via the cord-socket. Remove the layer of film and place that side of gel pad to the skin. Press to ensure adhesion.

Please note:

- Never stick two gel pads to each other.
- Keep the gel pads clean and do not expose to heat or direct sunlight.
- If the gel pads do not attach or are dirty, wipe with a damp, lint free cloth or replace with new ones. Do not clean the pad or adhesive gels with any chemical. Replacement pads are available from your local Lloydspharmacy.
- Place the pads on intact skin only. Do not place on cuts or damaged skin.
- The unit should only be used on one person at a time.
- When removing the gel pads from the skin, peel off from one corner of the pad. DO NOT pull the cord socket or cable to remove as this may lead to an injury or malfunctioning.

USING THE UNIT

Please ensure the gel pads are correctly attached and placed on the desired area before switching the unit on.



1: Press the "ON/OFF" button to switch the unit on.

2: Press the "A" button to select channel A. "CHANNEL A" will be displayed on the left hand side of the LCD. When "CHANNEL A" is displayed, the mode and intensity settings on this channel can be chosen.

3: Press the "B" button to select channel B. "CHANNEL B" will be displayed on the right hand side of the LCD. When "CHANNEL B" is displayed, the mode and intensity settings on this channel can be chosen.

Please note, channel A and B have to be set independently. They cannot be set up at the same time. If you want to use both channels together, set channel A mode and intensity, this will start immediately. Then set channel B mode and intensity (channel A cycle will finish before channel B).

4: To choose a mode setting, press the "MODE" button. The LCD will display on either the left hand side or right hand side of the LCD, depending on whether channel A or channel B has been chosen. The " ▲ " or " ▼ " buttons can be used to choose the desired mode setting.

5: To choose an intensity setting, press the "INT" button. The LCD will display on either the left hand side or right hand side of the LCD, depending on whether Channel A or channel B has been chosen. The " ▲ " or " ▼ " buttons can be used to choose the desired intensity setting.

6: Press the " ▲ " button to move up by one level when choosing your mode or intensity settings on the selected channel. (There are 8 modes and 8 levels of intensities to choose from- 1 being the lowest intensity, 8 being the highest intensity).

7: Press the " ▼ " button to move down by one level when choosing your mode or intensity settings on the selected channel.

One of the following symbols will be displayed in the LCD, depending on which mode setting is chosen.

PROGRAM SELECTION

PROGRAM	DURATION (mins)	PROGRAM SELECTION	MODE FUNCTION	FOR:
1	15		TAPPING (SLOW)	PAIN RELIEF
2	15		TAPPING (FAST)	PAIN RELIEF
3	15		VIBRATING (SLOW)	PAIN RELIEF/MASSAGE
4	15		VIBRATING (MEDIUM)	PAIN RELIEF/MASSAGE
5	15		VIBRATING (FAST)	PAIN RELIEF/MASSAGE
6	15		KNEADING (SLOW)	PAIN RELIEF/MASSAGE
7	15		KNEADING (FAST 1)	PAIN RELIEF/MASSAGE
8	15		KNEADING (FAST 2)	PAIN RELIEF/MASSAGE

- The output intensity will be displayed on the LCD as a number from 1 – 8. (1 is the lowest and 8 is the highest)
- The unit has a memory function - if a particular mode setting is chosen then it will remain on that mode even when the unit is switched off and switched back on. (Note: the time and intensity will be set to the default 15 and 0 respectively).
- When the intensity mode is chosen (1-8) the time setting function starts to work. It can be seen as the flashing dot on the LCD display and flashes once per second.
- When the device is on and the mode setting or intensity is changed, it will not affect the timer which will continue to count down the remaining time. When the mode setting is changed the intensity will default to 0. The device will turn off automatically when the set time has elapsed (15 minutes).
- When the treatment cycle has finished remove the gel pads carefully from the skin.

Important note: When removing the gel pads from the skin, peel off from one corner of the pad. DO NOT pull the cord socket or cable to remove as this may lead to injuries or malfunctioning.

What can I treat?

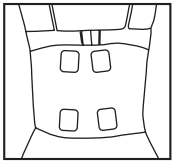
The Dual Channel TENS machine can treat many different types of pain. Following are diagrams of where to place the gel pads for the most common forms of pain. For other areas of pain, place the electrodes on either side of the area. Never place the electrodes on the head, face, throat, back of the neck, chest area, eyes, oral cavity or on sexual organs.

Caution:

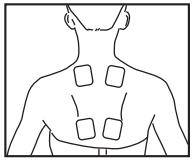
- Affix the gel pads so that they do not overlap one another and are approximately 4-6 inches apart.
- Be sure not to move the gel pads to another part of your body without turning off the power first.

GEL PAD POSITIONING

◎ **Lower back**

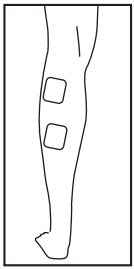


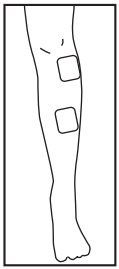
◎ **Upper back**

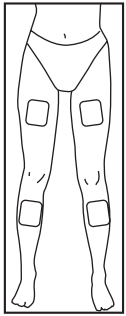


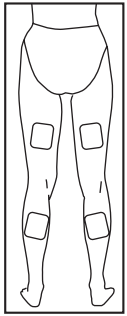
Note: Do not place on spine

◎ **Legs and Feet**

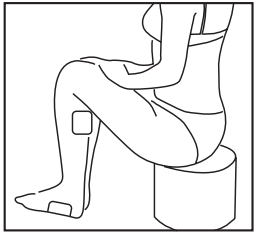








For other areas of pain, place the gel pads around the area of pain 4 - 6 inches apart (approximately).

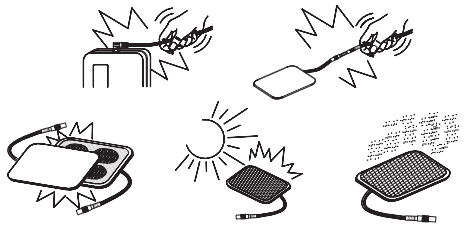


BATTERY INFORMATION

1. Please use 4 x AAA batteries in the unit (not included).
2. Remove the batteries if the product is not in use for long periods of time.
3. Do not mix old and new batteries or different types of batteries.
4. Warning: If batteries leak and come into contact with the skin or eyes, wash immediately with copious amounts of water.
5. Batteries must be handled by an adult. Keep batteries away from the reach of children.
6. Only batteries of the same or equivalent type as recommended are to be used.
7. Do not use rechargeable batteries. Non-rechargeable batteries are not to be recharged.
8. Remove exhausted batteries from the unit.
9. Supply terminals are not to be short circuited.
10. Dispose of batteries safely according to battery manufacturer's instructions.

MAINTENANCE AND CAUTIONS

CAUTIONS REGARDING SAFETY



Do not immerse device in water or any liquid. Do not drop device or throw it from a height.

- After using the device, please remove output plug from output socket and re-attach the pads to the protective transparent film.
- Do not twist or pull the output cables.
- Please do not use any chemical to clean the main unit or gel pads. In case you need to clean them, please wipe with a damp, lint free cloth.

SPECIFICATION

- Power Source: DC: 6.0V (4x AAA batteries)
- Frequency: 4~128Hz
- Band width: 60-200μs
- Output current: Max.30mA±20%
- Output voltage: 40V(P-P) by 500 load±20%
- Size: 67(w) mm x 120 (h) mm x 26 (d) mm (without belt clip)
- Operating conditions: 5°C~40°C; < 80%RH
- Storage conditions: -20°C~55°C; < 95%RH
- Auto time setting: 15 minutes
- Weight: 86g
- Output intensity level adjustment: 1-8 (8 levels)
- Mode selection: 8 settings

TROUBLESHOOTING

Problem	Check points	Possible solution
The unit does not switch on	Are the batteries exhausted?	Replace the batteries.
	Are the batteries properly loaded?	Correctly load the batteries observing correct polarity.
No output stimulus/ sensation	Is the wire properly connected?	Firmly connect the wire.
	Have you removed the transparent protective film from the gel pads?	Remove the protective film.
Output stimulus/ sensation is weak	Are gel pads stuck on the skin properly?	Ensure the pads are stuck securely on the skin.
	Are the gel pads overlapped?	Separate the gel pad and stick them to the skin again. (4-6 inches apart approximately).
	Are the gel pads dirty?	Please clean the gel pads with a damp, lint free cloth.
	Is intensity too weak?	Use a higher intensity level.
	Are the gel pads positioned properly?	Change the position of the gel pads.
The skin becomes red and/or you feel a stabbing pain	Is the intensity too high?	Choose a lower intensity or different program.
	Are you using the pads on the same site every time?	Re-position the pads. If at any time you feel pain or discomfort stop use immediately.
	Are the gel pads too dry?	Please gently wipe with a damp, lint free cloth. and then re-apply.
	Are the gel pads stuck onto the skin properly?	Ensure the pads are stuck securely on the skin.
	Are the gel pads dirty?	Please clean the gel pad using a damp, lint free cloth.
	Is the surface of the gel pads scratched?	Please replace them with new gel pads.
Output current stops during therapy	Have the gel pads come off the skin?	Turn off the power and stick the gel pads firmly to the skin.
	Are the wires disconnected?	Turn off the power and connect the wires.
	Have the batteries been exhausted?	Please replace them with new batteries.

WARRANTY

This product is guaranteed for a period of one year from the date of purchase against mechanical and electrical manufacturing defects. There are no user serviceable parts inside the instrument. Any attempted repair by unauthorized persons invalidates the warranty. This does not affect your statutory rights.

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Founded in 1998 Action on Pain is a national charity providing support and advice for those affected by chronic pain. We produce a range of informative booklets as well as operating PainLine - our telephone helpline providing practical and confidential advice. In addition Action on Pain operates a Mobile Information Unit which visits locations across the U.K. One of our major roles is to lobby politicians in order to raise the quality and availability of pain management services within U.K healthcare. Above all Action on Pain has developed a good reputation for the quality of the services it provides particularly for the emphasis we place on promoting the positive side of living with chronic pain.

Why not visit our website at www.action-on-pain.co.uk or call PainLine on 0845 6031593 between 10am-4pm Monday to Friday.

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